

APRIL - JUNE 2006 FITNESS PROGRAMS

No classes on following dates: April 14 & May 29

Aerobics

Mondays & Wednesdays 7 - 7:45 p.m.

A low-impact total body workout for all fitness levels.

1-day option

April 3 - 26 4 classes \$12

May 1 - 31 5 classes \$15

June 5 - 28 4 classes \$12

2-day option

April 3 - 26 8 classes \$24

May 1 - 31 9 classes \$27

June 5 - 28 8 classes \$24

Belly Dancing

Wednesdays 4 - 5 p.m.

Learn the basics in this new class.

April 12 - May 17 6 classes \$18

Chair Exercises

Mondays & Wednesdays 11 a.m. - Noon

Improve flexibility, coordination & stamina.

No charge

Contemporary Line Dance

Thursdays 6 - 7:30 p.m.

Contemporary Social Mainstream Line Dances taught at a slower, more detailed pace for entry level, novice and newer dancers using a very diverse collection of music.

April 6 - May 11 6 classes \$18

May 18 - June 29 7 classes \$21

Jan's Exercise

Monday, Wednesday & Friday 9 - 10 a.m.

Stretches for every part of the body. You can attend one, two, or all three days.

1-day option

April 3 - 28 4 classes \$14

May 1 - 31 5 classes \$17

June 2 - 30 5 classes \$17

3-day option

April 3 - 28

11 classes \$30

May 1 - 31

13 classes \$36

2-day option

April 3 - 28 8 classes \$24

May 1 - 31 9 classes \$27

June 2 - 30 9 classes \$27

Line Dancing - Beginner

Mondays 2:15 - 3:15 p.m.

Learn solitary dancing and receive beneficial exercise, as well.

April 3 - June 26 12 classes \$24

Line Dancing - Intermediate

Mondays 1 - 2 p.m.

After learning the basics, this class broadens with many new dances.

April 3 - June 26 12 classes \$24

Pilates

Mondays 12 - 12:45 p.m.

Increase core strength, flexibility & strengthen abdominal muscles to decrease back pain & chronic back issues.

April 10 - May 15 6 classes \$18

May 22 - June 26 5 classes \$15

PRIME Fitness Room

Monday to Thursday 8:30 a.m. - 8 p.m.

Friday 8:30 a.m. - 4:30 p.m.

Our fitness instructors will design a program tailored to your needs, teach you how to use the equipment and help monitor your progress to better health. Signup materials available in office.

6 weeks \$40 3 months \$75

Stretch, Roll & Strengthen

Tuesdays 10 - 11 a.m.

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.

April 4 - May 9 6 classes \$18

May 16 - June 27 7 classes \$21

Tai Chi - Beginner

Tuesdays 8:30 - 9:30 a.m.

Improve balance, strength and concentration.

April 4 - May 9 6 classes \$18

May 16 - June 27 7 classes \$21

Tai Chi - Intermediate

Thursdays 8:45 - 9:45 a.m.

Expand your range for more artistic expressions of this ancient form of exercise.

April 6 - May 11 6 classes \$18

May 18 - June 29 7 classes \$21

Tap Dancing - Beginner

Mondays 10 - 10:45 a.m.

No experience necessary, just a desire to learn & have fun.

April 3 - May 8 6 classes \$18

May 15 - June 26 6 classes \$18

Tap Dancing - Intermediate

Wednesdays 10 - 11 a.m.

Learn additional steps in this class.

April 5 - May 10 6 classes \$18

May 17 - June 28 7 classes \$21

Yoga - Gentle

Tuesdays 11 a.m. - Noon

An enjoyable series of stretches & movements leave you energized & relaxed.

April 4 - May 9 6 classes \$18

May 16 - June 27 7 classes \$21

Yoga - Intermediate

For more of a challenge, learn more modified sun salutations and go further in your yoga practice.

Tuesdays 10 - 11 a.m.

April 4 - May 9 6 classes \$18

May 16 - June 27 7 classes \$21

Thursdays 6 - 7 p.m.

April 6 - May 11 6 classes \$18

May 18 - June 29 7 classes \$21